



# February 2018 Newsletter

Date	Events/Description
Feb. 1	FCPS Spelling Bee, at JWMS from 7:00pm-8:00pm
Feb. 2	SCA Spirit Day - Wear your favorite "Jersey"
Feb. 13	GES Parent Conferences (By Appt. Only), 4:00pm-6:00pm
Feb. 14	SCA Spirit Day - Wear Pink and Red
Feb. 15	Due Date For PTO Spirit Wear Order Form
Feb. 15	PTO Meeting, in Library from 5:30pm-6:30pm
Feb. 15	FCMS Stargazing (More information to follow.) from 6:30pm-7:30pm
Feb. 16	Chuck- E- Cheese (More information to follow.)
Feb. 16	No School - Professional Development Day
Feb. 19	No School - President's Day, Administrative Offices Closed
Feb. 20	FCMS Meeting for Fifth Grade Students Only, 2:00pm-3:30pm
Feb. 21	Students as Readers, Group ____, in Library from 3:45pm-4:45pm
Feb. 23	Arthur Ginjer L. Clarke's Book Order Due
Feb. 26-Mar. 9	P.E. Dept Skating Unit
Mar. 2	SCA Spirit Day - Dr. Seuss Day
Mar. 5-9	Kindergarten Registration Week

## PTO Corner

-Feb. 15 at 5:30pm, PTO Meeting in Library

-Feb. 15 Due Date for order forms for New Spirit Wear (forms will be sent home in the beginning of February. **(No late orders will be accepted.)**)

-Feb. 16 Chuck-E-Cheese Spirit Day ((More information to follow.)

The PTO would like to thank everyone that came to The Movie Night. It was a great success and we look forward to having another!

## **Library News**

We are excited to announce that we will be welcoming nonfiction children's author Ginjer L. Clarke from Richmond, Virginia to our school on March 13th. She will share some of her exciting nonfiction animal books, talk to us about being an author and how a book gets made. We look forward to her writing tips and fascinating facts about some unusual creatures. For those of you who are interested, she will be autographing books when she visits. The books have to be ordered ahead so they will arrive in enough time. The book order forms will go out on Friday, Feb. 9th and are due no later than Friday, February 23rd. If you need another book order form please contact Linda Wiseman at 888-4550. Only one book order will be sent out to the publisher at the end of the day, Friday, February 23rd so please get your orders in as soon as possible.

## **Message from the Nurse**

### **Stay Healthy Through Cold and Flu Season**

As we enter the cold and flu season, Frederick County Public Schools' Health Services Department is offering some tips that can help you and your children stay healthy.

### **Get Vaccinated**

Getting an influenza vaccination is the primary method for preventing the flu for individuals over 6 months of age. Flu shots are available at the local health department, private physicians, clinics and pharmacies.

### **Keep Your Hands Clean**

Hand hygiene is a general term that refers to a method of removing germs from the hands so they cannot be spread to anyone else. The two most common types of hand hygiene are hand washing with soap and water and using an alcohol-based hand rub.

### **Practice Good Respiratory Hygiene and Cough Etiquette**

Cover your mouth and nose with a tissue when coughing or sneezing.

Promptly throw away tissues after they are used.

If a tissue is not available, cover your cough/sneeze with your elbow or sleeve, not your hand.

Wash your hands after coughing or sneezing.

### **Stay Home if You're Sick**

If you're sick, avoid contact with other people. Don't return to work, school, or other activities until you are fever-free for at least 24 hours without the use of fever-reducing medication.

### **Keep Your Environment Clean**

If taking care of yourself or a sick person at home, make sure that you clean and disinfect surfaces and objects (such as kitchen counters, bedside tables, children's toys, and surfaces in the bathroom) that may become contaminated with the influenza virus.


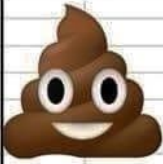
For additional information and resources, visit [www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia](http://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia)

## **Gifted Education Information Series**

Transitions for gifted students from middle to high school. Tuesday, February 6, 2018, from 7:00pm-8:00pm at the FCPS Administration Building Conference Room.

The Gifted Education Information Series is a series of workshops developed and facilitated by the FCPS resource teachers for gifted education to be offered throughout the school year. These workshop sessions will provide parents, teachers, and interested persons an opportunity to attend informational sessions on various topics related to the programs and services available to students eligible for gifted services in Frederick County Public Schools. If you have questions, please contact Dr. Judi Greathouse at [greathoj@fcpsk12.net](mailto:greathoj@fcpsk12.net) or 540.662.3888 (ext 88222).

# I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.0 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit

# I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.
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